

# How do I keep myself and my family safe?

- As of June 1, 2020 Delawareans are no longer under stay-at-home orders. We all still need to continue to take precautions like staying at least 6 feet apart from others, wear a face covering, and:
    - Wash your hands frequently and thoroughly with soap and hot water. If you do not have access to soap and water, use hand sanitizer until you can wash your hands.
    - Avoid touching your face or mouth with unwashed hands.
    - Sneeze or cough into your elbow, and if you use a tissue, throw it away immediately.
    - If you are sick, stay isolate from others in your household.
    - Check the "[What You Can Do](#)" section of this website for updates.
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## How worried should I be?

- The Centers for Disease Control and Prevention (CDC) has warned that Americans should brace for the likelihood that the virus will continue to spread in the U.S.
- To help protect those who are most vulnerable, adhere to the CDC recommendations for social distancing (6 to 10 feet away from one another) and cancel or reschedule unnecessary travel, gatherings, and community engagement.

- If you are worried, self-monitor for symptoms. As soon as you experience all three symptoms (fever, cough, and shortness of breath), call your health care provider.
  - More information is available at <https://coronavirus.delaware.gov/vulnerable-populations/>.
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## **I have shortness of breath, a fever, and a cough. What do I do?**

- If you experience all three symptoms (fever, cough, and shortness of breath), call your health care provider before you go in-person to the clinic or doctor's office.
- Your health care professional will work with the Delaware Division of Public Health to determine if you need to be tested for COVID-19.
- Stay home, rest, and avoid others. Most people with mild COVID-19 illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications.
- Fourteen days is the presumed incubation period for this virus, so remaining at home and avoiding groups for this time will ensure that you do not spread the virus in the community if you develop symptoms.
- If you are unsure what you should do, contact the Division of Public Health Call Center at 1-866-408-1899 to discuss your concerns and next steps.